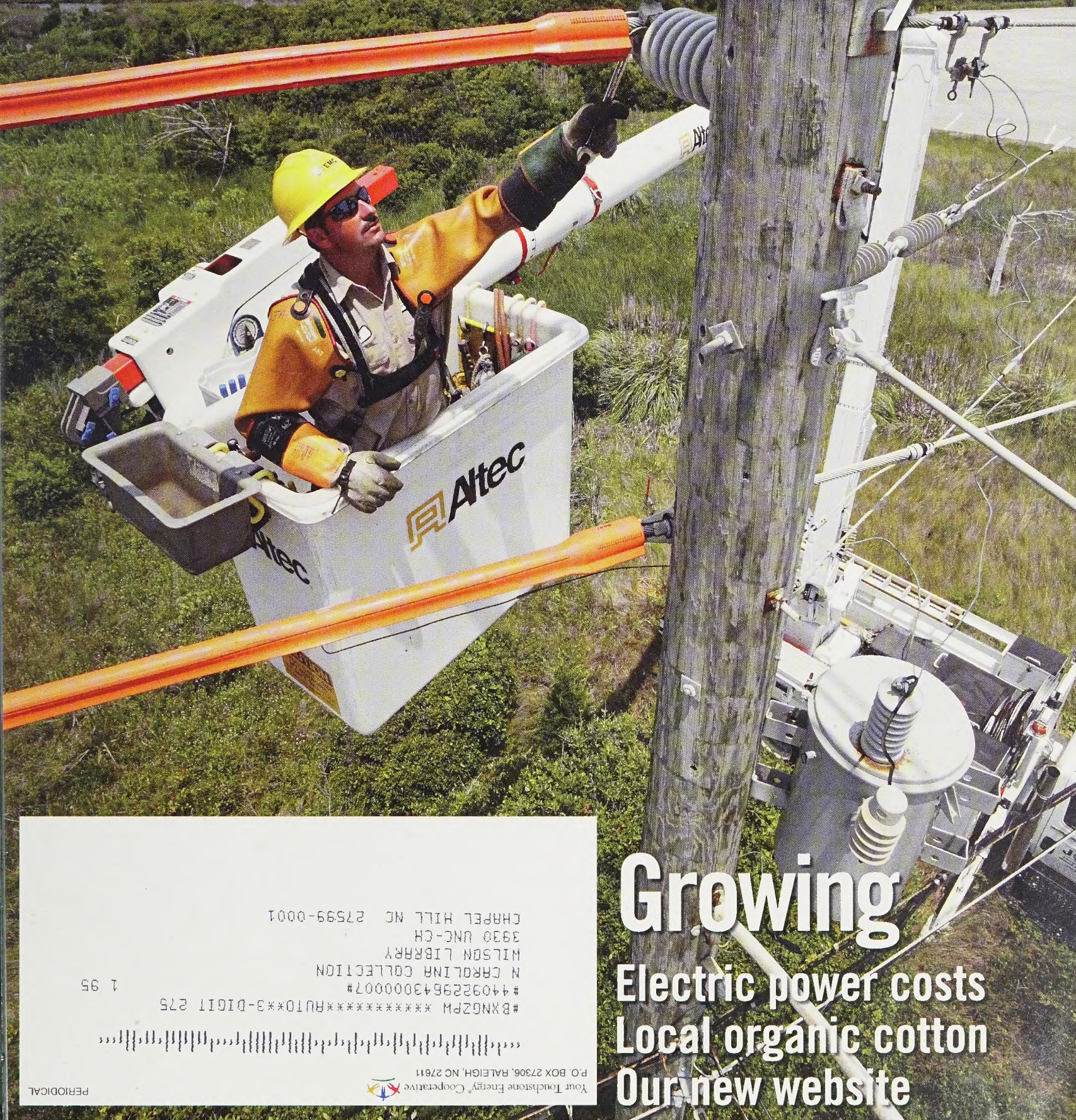


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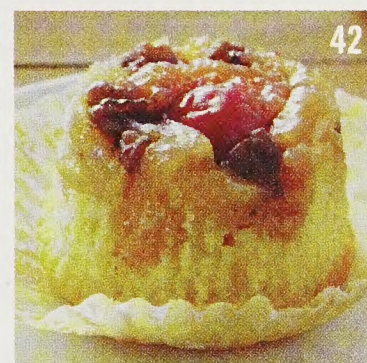
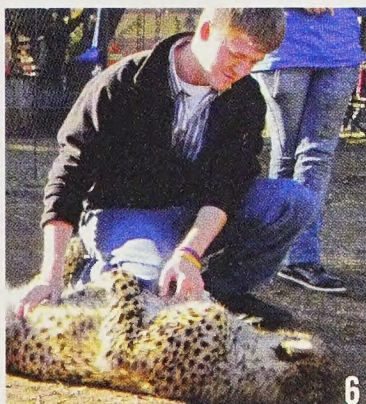
What if we could grow cotton here organically and use it for locally-made clothing?

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When something grabs your fancy and won't let go.

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Jeff Allen, lead journeyman lineman with Jones-Onslow EMC, at work in North Topsail Beach. Learn about why your cooperative is facing higher costs on pages 14–15. (Photo courtesy of NRECA)



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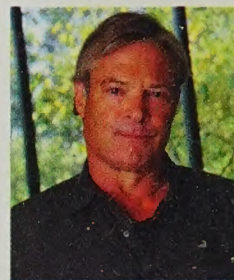
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Minding your own business



By Michael E.C. Gery, editor

If you own a business, what do you care about? You care about providing the best goods or services you can provide. You care about what it costs to run the business. You care about what resources you need to maintain the business now and in the future. You care about serving your customers or clients, how well your employees work, how technology can help, how you can benefit your community.

In fact, you do own a business. Along with the other members of your electric cooperative, you own your cooperative.

Beginning this month, Carolina Country will carry a special section each month to help you understand how your cooperative operates in today's business climate. "Between the Lines: Explaining the Business of Your Electric Cooperative" will be a series of direct, no-nonsense, easy-to-understand explanations and observations. The series will supplement similar communications that your co-op has long provided on a regular basis, in this magazine and elsewhere. Communicating so members can understand their co-op is a basic principle of member-owned cooperatives everywhere.


This month we introduce the series on pages 14-15. In the months to come, these pieces will most likely be a single page. The introductory one, "What Goes Up Stays Up" summarizes the reality of the rising cost of doing business in the electric utility industry.

Even though North Carolina's electric cooperatives work closely with one another on many facets of the business, they each operate independently, managed by a board of directors whom you elect. Management at each co-op analyzes what affects the business and responds according to best management practices. The costs of acquiring and delivering electricity in, say, the western mountains are different than those in the foothills, the piedmont and along the coast. So each cooperative manages its costs and resources,

and sets its rates, according to how it can best provide your electricity. That's why your rates may be different than those in neighboring co-op service areas and in areas where electricity is provided by investor-owned or city utilities, who also are facing rising costs and raising their rates as some co-ops have done.

The business of providing electricity these days is far different than it was just 30 years ago. In 1982, the average price of a gallon of gasoline in the U.S. was \$1.30, whereas today gasoline prices are about 180 percent higher. In 1982, the average cost of a kilowatt-hour of residential electricity in the U.S. was 7 cents, whereas today it's about 11.8 cents, about 68 percent higher. The business of acquiring and making gasoline has changed in 30 years, but not as much as the business has changed for electric cooperatives.

Your co-op is looking at much greater demand for services than it was 30 years ago, or even 10 years ago. We all use more things that need a reliable supply of electrical power—from mobile phones and computers to electric vehicles and new subdivisions. The industry, as always, is planning for future demand. And it costs significantly more to build a new central-station power plant these days than it did just 10 years ago. Plus, the work of finding places to build not only new generating plants, but also new transmission facilities to move the power, is far more difficult. These are some of the reasons your cooperative is serious about developing alternative energy sources, clean and efficient generating systems, and ways for us all to use electricity more efficiently. As they say, the least expensive kilowatt-hour is the one you don't need.

Check out the new section "Between the Lines." And let us know if there's something you'd like to know about how your cooperative operates. 

The cost of coal

After reading your July editorial on page 4 ["Why we opposed new EPA rules on power plants"], I was stunned. The editorial couldn't be much further from reality. It fails to recognize the problems regarding the continued use of coal as an energy source. Coal is the dirtiest fuel you can imagine in its polluting of the air, water and land.

Even though the coal industry likes to use the term "clean coal," there is no such thing. But you imply that any technology that would clean up coal-using power plants is too costly. What about the health costs? What about coal slurry ponds that can contaminate land and waterways?

I contend that regulations are long overdue and the only "clean coal" is the coal that is left in the ground.

There are no guarantees that the cost of coal will not rise, and the coal companies certainly do not pay their way in the states where they mine. Their pay to the states doesn't come close to the damage they do to citizens, roads and bridges, land, waterways and drinkable water wells. Coal ain't cheap when you figure in all the damage it causes.

Bill Suter, Boone, Blue Ridge Electric

The state butterfly

The next time you're outside, take a look at the first butterfly you see. There's a good chance it's North Carolina's state butterfly. The eastern tiger swallowtail, scientifically known as *Papilio glaucus*, was designated as North Carolina's state

butterfly last June. The butterfly is native to North America, and one of the most common and most easily recognized species found in the eastern U.S.

It's widely accepted that the eastern tiger swallowtail was the first North American butterfly species to have been illustrated. John White—an artist and cartographer who was the governor of the Roanoke Island colony (that came to be known as the Lost Colony)—first drew the species in 1587 while on an expedition for Sir Walter Raleigh in Virginia. The male is usually yellow with four black stripes on each wing. Females are usually yellow or black. You'll find them from spring to the fall, and usually around the edges of woods, in open fields, in gardens or by roadsides. They usually hang out around the tops of trees, but they like to drink from puddles on the ground (sometimes in large huddles or clusters).

A good place to see them is the Butterfly House at Airlie Gardens, open daily 9 a.m. to 5 p.m.: Airlie Gardens, 300 Airlie Road, Wilmington, NC 28403. (910) 798-7700.

www.airliegarden.org

Hilary Brady, Wilmington



All new! Online!

We have just launched the new www.carolinacountry.com. The Carolina Country website is big and bright, fun and helpful. Here's some of what you can do:

- ▼ See and comment on current magazine content.
- ▼ Share articles and pictures.
- ▼ See archived digital editions back to 2006.
- ▼ Browse coming events, and submit your own for publication.
- ▼ See our current travel guide and gift guide.
- ▼ Search for and submit recipes. Rate recipes, too.
- ▼ Study our garden guide by month.
- ▼ Learn about electric cooperatives and energy usage.
- ▼ Browse our Country Store.
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- ▼ Learn how to advertise in the magazine and online.
- ▼ Buy our books.
- ▼ Join our Facebook community.

Look for contests we will host on the website in the coming months. You could win cool prizes. This month, submit your answer to "Where Is This?" (page 25) for a chance to win \$50.

The website is sponsored by North Carolina's Touchstone Energy cooperatives.

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JACOB'S LOG:

A southerner in South Africa

By Jacob Brooks

In July, I had the fortunate opportunity to spend a few weeks in Bloemfontein, South Africa, with some of my friends from Appalachian State University: Madisson, Jerrin, Jordan, and Jim. Jordan and Jim served as our advisors. Our reason for travel was to participate in a

leadership conference that was sponsored by their local university, University of the Free State. I wish I could write a book about my whole experience, but, sadly, I can't. With that said, here are a few of my favorite moments.

As soon as I walked through Johannesburg's Airport Security, I knew I wasn't in Kansas anymore. The gentleman working security simply asked me to place my bags on the X-ray belt and walk through. I looked at him and waited for him to ask me to take my shoes off and take the items out of my pockets. He never said anything, so I initiated the conversation for us, "Do I need to take my shoes off?"

The man looked confused and said, "No."

"Do I need to take my coat off?"

"No, leave it on, sir. Just walk through."

I was bewildered. Airport security in the U.S. might have body-slammed me and taken my shoes off for me. I looked at him and asked, "What about my belt?"

He smiled and said, "Just come on through, sir."

I walked through security with my shoes, belt and coat on, and I still had my wallet and phone in my pockets. The guard on the other side waved me through and wished me a nice day. I went through the security checkpoint thinking I had just committed a crime. I was anticipating someone to come out from behind a corner and tackle me; it never happened.

Throughout my time there, I did not adjust to South Africans driving on the left side of the road. Every time

I called "shotgun," I would walk to the front right side of the car to find my seat. I was always surprised to find that I was looking at the steering wheel. When crossing the road, I couldn't figure out which way to turn my head. My Americanized reflexes had me looking left when I should

have been looking right. You can imagine my surprise when I stepped out in front of a car. After that incident, I started scanning both lanes as I crossed the road, just in case.

Madisson's, Jerrin's and my southern drawl attracted the attention of many of our international colleagues. My new friends would often ask me to say words like "right" and "light." Anything that had a little southern charm to it was what they wanted to hear. Sadly, after first impressions, everyone assumed that I was from Texas. Thanks to the imbeciles in Hollywood with their ridiculous characterizations in movies and shows, I spent two weeks being thought of as a Texan. Not that there is anything wrong with being a Texan—some of my closest friends are from Texas—but it's simply not as good as being a North Carolinian.

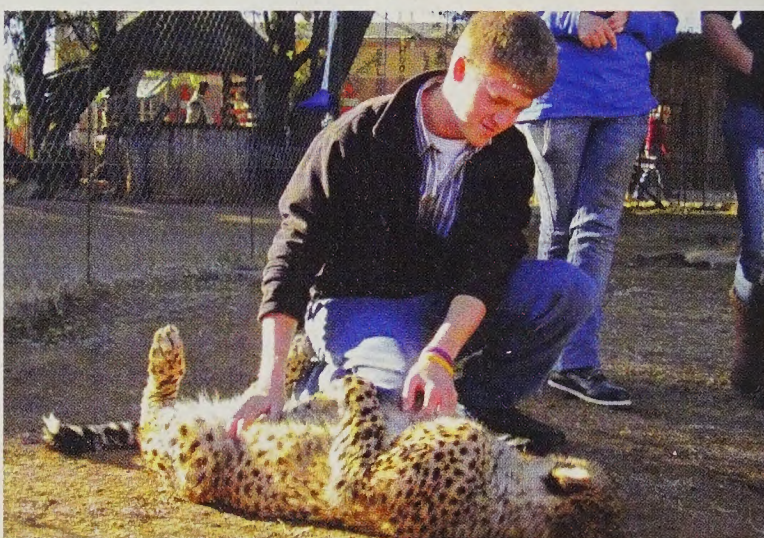
One of the highlights of my trip came when we decided to skip out on a seminar and go to a local

cheetah farm. We went to a privately-owned zoo that raises African cats and puts them up for adoption. Part of the experience is that guests can interact with the younger animals. I like to think that the cheetah I hung out with, Athena, shared a special bond with me. I was the only person she rolled on her belly for. She had me at hello. 🐾

Jacob Brooks served as the electric cooperatives' Youth Leadership Council national spokesman in 2010 and remains active in the annual Youth Tour to Washington, D.C. He attends Appalachian State University.



Here I am with (from left) Jerrin, Jordan (one of our advisors) and Madisson.



Athena the cheetah would roll over for me, but no one else. We had a bond.

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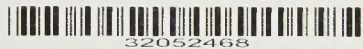


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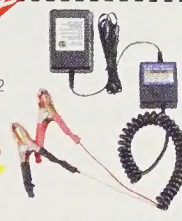
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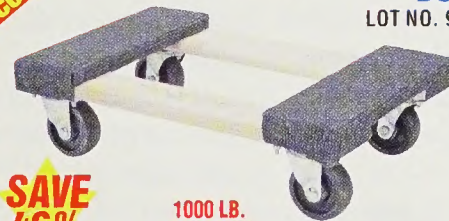
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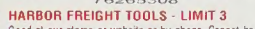


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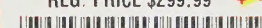
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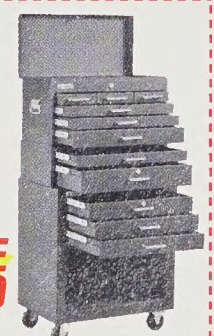
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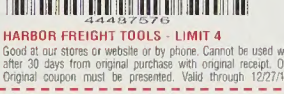
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Energy Star doublewide manufactured homes show major energy savings

Two electric cooperative families recently reported major energy savings in their Energy Star-rated doublewide manufactured homes.

In a study by Systems Building Research Alliance, the Lengner family of Chadbourn and the Summerlin family of Turkey each have seen lower energy bills since purchasing their homes more than two years ago.

Teresa Lengner, a member of the Brunswick EMC co-op, said her family chose an Energy Star home from Clayton Homes because it's "better for the planet" and could reduce energy costs. And that it has. Her power bills are much lower in her new 1,568-square-foot home than in her previous, smaller doublewide home.

The Lengners took extra steps to conserve energy, including using compact fluorescent light bulbs, or CFLs, in all the light fixtures. CFLs use about 75 percent less energy than a traditional incandescent bulb and produce about 75 percent less heat. The family of three also lowers the thermostat setting at night in winter and raises it in summer when no one is home. They turn off lights when they're not in use, keep blinds closed on the sunny side of the house in summer and use ceiling fans to help distribute cool air inside. In summer, the Lengners avoid heating up the house with the kitchen oven, opting instead to grill outdoors or use a slow cooker. They also outfitted their new home with an Energy Star-labeled washer, dryer and televisions.

When deciding to upgrade from their small, 20-year-old doublewide home, Beverly and Larry Summerlin, Four County Electric members, opted for an Energy Star home from Vision Homes of Fayetteville. The power bills for their new 1,792-square-foot home are less than half of what they were in their previous home, for a savings of more than \$165 per month. To further save energy, the Summerlins turn off lights and unplug appliances and devices when they're not in use, and have installed CFLs in most of the light fixtures.

Parker Holloway



Teresa Lengner of Columbus County and Beverly Summerlin of Sampson County are pleased with energy savings at their new manufactured homes.

To qualify for the Energy Star label, a home must meet energy standards and performance requirements established by the U.S. Environmental Protection Agency. Only the top 10 percent of all new homes in the nation qualify for the Energy Star label.

Systems Building Research Alliance worked with GreenCo Solutions, the energy efficiency and renewable resources initiative owned by North Carolina electric cooperatives, on the "NC Plus Program for Energy Star Homes," which provided a \$1,500 rebate to buyers of new Energy Star manufactured homes. The rebate program was sponsored, in part, by the N.C. Energy Office with funds from the 2009 American Recovery and Reinvestment Act. The program also was supported by the North Carolina Manufactured and Modular Homebuilders Association.

For Energy Star information go to www.energystar.gov. For energy efficiency information, go to www.togetherwesave.com.



Eighteen North Carolina electric cooperatives in June sponsored 31 rising high school seniors on the annual Rural Electric Youth Tour to Washington, D.C. In addition to learning about cooperatives and forming their own, the participants toured the U.S. Capitol (shown), and visited their Congressional representatives, Arlington National Cemetery and other Washington area sites.

Do you have electric farm tools from the '30s and '40s?

If you have an electricity-powered farm implement in good condition that dates from the early 1930s to mid-1950s, the North Carolina Museum of History in Raleigh may be interested in it. The museum is planning a new "It's Electrifying" exhibit next spring that will look at when electricity first came to rural North Carolina.

RoAnn Bishop, the museum's curator of agriculture, industry and economic life, is looking specifically for a milking machine from that period, but she says "any other relatively small electric farm implements" may be helpful as well, such as a chick brooder, electric shears, cream separator, electric branding iron, or an early transformer for an electric fence. Items must be small enough to fit into a glass display case.

Also helpful could be any early rural electric cooperative materials such as flyers, advertisements, buttons, badges, sign-up forms and educational materials.

Common household appliances do not qualify. "We already have plenty of them in the museum's collection," Bishop says. Also, the museum cannot consider something that you might have picked up at a flea market or auction, or any item more recent than the mid-1950s.

"We need things that rural North Carolina farm families have actually used," she says. "We need these objects to tell a story about North Carolina farmers and farm families, so I need to know who specifically used them, when, how, where."

It would help if you have documentation of the object. The museum will consider artifacts to be loaned or donated.

For more information, contact RoAnn Bishop no later than Friday, Sept. 14, at (919) 807-7954 or roann.bishop@ncdcr.gov.

CO-OPS & COMMUNITY JOBS



Consolidating the N.C. Forest Resources airplane maintenance operations at the Sanford-Lee County airport's Raleigh Executive Jetport is expected to bring jobs and expand economic opportunity in the region.

Central EMC boosts Lee County airport expansion loan

Central Electric Membership Corporation, located in Sanford, will use \$800,000 in zero-interest USDA Rural Economic Development loans and grants to assist the Sanford-Lee County Airport Authority in its expansion of the Raleigh Executive Jetport. The funds will help consolidate and relocate of the North Carolina Department of Forest Resources' airplane maintenance services at the Jetport.

Approximately \$300,000 of the funding is a revolving grant—once the money is paid back to Central EMC, the cooperative can re-distribute it for other economic development projects in its service area. Central EMC will also match the grant with \$60,000 in funding, which will be deposited into the EMC's revolving loan fund and loaned out within three years. Further, these funds will be matched with \$200,000 from the Sanford-Lee County Airport Authority.

The Raleigh Executive Jetport is a growing part of Lee County's economy, with seven air industry businesses already located at the airport. In addition to the companies directly located at the site, the Jetport supports other Lee County businesses by providing convenient access to air transportation. This project will create jobs at a municipally operated airport and will help attract additional

private aircraft to the airport.

The airport expansion project will create or relocate 14 direct N.C. Forest Service jobs in Lee County, as well as 50 construction jobs during the project's stages.

The loans will fund construction of three new buildings at the airport: a 10,000-square-foot hanger capable of housing maintenance operations, a 2,500-square-foot storage facility, and a 2,000-square-foot office complex for Forest Service workers. The Forest Service plans to lease the buildings on a 30-year contract with the Airport Authority, and headquarter five planes at the Jetport, with another 25 flown in for regular maintenance.

The Forest Service operates more than 30 aircraft stationed at 11 facilities throughout the state. To streamline its operations and reduce overhead costs, the Forest Service is consolidating its statewide aircraft maintenance operations at Sanford-Lee County.

Stationing the Forest Service aircraft at the Jetport will also increase the airport's fuel sales, its primary source of revenue, enabling the airport to make future investments to attract private capital and create jobs. Finally, the additional capacity added through this project should attract more transient aircraft to the Jetport.

—Renee Gannon

51 years and counting

James B. Brooks is closing in on 51 years of service as a Central Electric Membership Corporation board member. The 81-year-old Siler City farmer holds the secretary-treasurer position on the Central EMC board and says he doesn't plan on giving it up anytime soon.

Jim Brooks was elected to the CEMC board in 1961 and has been re-elected to represent Chatham County ever since. He says there have been ups and downs along the way, but overall it's a decision he's never regretted. One of the reasons, he says, is that Central EMC board members know how to be a team. He says it's been a pleasure to watch the cooperative grow over the years from 6,000 to 21,000 members.

Earlier this year the cooperative board dedicated the Jim Brooks Substation at Siler City. That station was Central's first wholly-owned facility.

Jim Brooks worked 33 years as a rural mail carrier for the U.S. Postal Service in Siler City. He and his brother also raised dairy cows. Nowadays he raises hay and small grain. He also enjoys bird hunting, square dancing and clogging. While all of these hobbies are important to Jim, square dancing is probably the most. He promenades whenever he can. One year he led a few do-si-do's at the Central EMC annual meeting.

Jim Brooks also pursued educational opportunities to enhance his service as an elected board member, earning him a Board Leadership Certificate and distinction as a Credentialed Cooperative Director.

"Regardless of where he is," said the co-op's CEO and general manager Morris McClellion, "Mr. Brooks is a devoted individual who gives all he can to the cooperative cause. Central Electric is truly blessed to have a person so committed."

—Heather Vaughan



In April, Jim Brooks was honored for his 50 years as a Central EMC board member.

N.C. Energy Office wins grant for energy efficiency projects at rural schools

The North Carolina Energy Office has received a \$532,134 U.S. Department of Energy grant to expand its Utility Savings Initiative to provide energy efficiency assistance to often overlooked or understaffed rural public school systems, community colleges and local governments. The grant will enable the Energy Office to work with eight public school districts, eight community colleges and six local governments to plan, implement and finance energy efficiency improvements to buildings and other public infrastructure.

"Many of our public buildings and other infrastructure can provide many more years of good use at a reasonable cost to taxpayers if we can get control of the costs to operate them," said Jon Williams, N.C. assistant secretary of commerce for energy. "With this grant, 22 agencies will be able to extend their life and usefulness while curbing wasteful energy consumption, controlling government costs and freeing up capital improvement dollars for other needs."

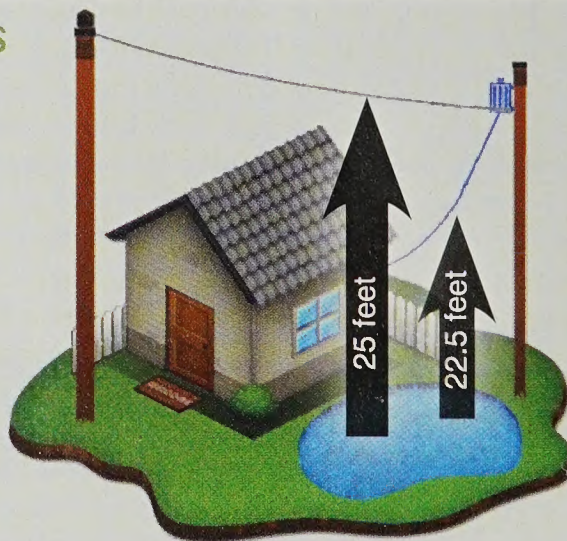
North Carolina is one of 22 states receiving a portion of the \$14 million in the U.S. Energy Department's State Energy Program 2012 Competitive Awards grants.

The Utility Savings Initiative has developed a strong track-record in conserving energy and saving taxpayer dollars by controlling the state's utility bills. Since the program's inception in fiscal year 2002-03, an investment of approximately \$11.5 million has produced more than \$417 million in avoided utility costs. Energy consumption in state facilities is down 18 percent while energy costs have increased 44 percent.

Pool clearances around power lines

National Electrical Safety Code requires a **22.5 foot clearance** in any direction from the water level, edge of pool, diving platforms, pool sliding boards or other fixed pool-related structure to the overhead electric service line, and a **25-foot clearance** from overhead primary lines. The code applies to in-ground and above-ground pools, hot tubs, and the like.

***All pools must be a minimum of 5 feet away from any underground electric cables. Call before you set up any in-ground or above ground pool or hot tub to be sure clearances are met. Before digging for any pool or yard project, call 811 to have underground cables located.**



WARNING:

Improper clearances can lead to serious injury or death.

Failure to check clearances can result in additional expense if we have to move any of our lines and facilities or if the pool or hot tub must be moved to comply with the National Electrical Safety Code.

The clearances are designed to protect swimmers and people using rescue and skimmer poles, which are typically aluminum, and to keep the path clear for utility workers.

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Lena Liu's Morning Serenade - 00029
Leather Cover and Labels - 00029

Shining Stars - 00201
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Spirit of the Wilderness - 00024
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Angel Kisses - 00019
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Blue Safety - 00027
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New Day w/verse
"Each day brings hope!" - 00447
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Challis & Roos
Awesome Owls - 00337
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Spirit of America - 00442
Leather Cover and Labels - 00442

Live, Laugh, Love, Learn w/verse
"Life is not measured by the breaths we take,
but by the moments that take our breath away" -
00332 Leather Cover and Labels - 00332

Majestic America - 00135
Eight Images. Leather Cover -
00135 and Labels - 00032-005

Lena Liu's Floral Borders - 00088 w/optional verse
"Lord bless and keep you." - 00117
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On the Wings of Hope - 00384
One image. Leather Cover and
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Reflections - 00125
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Jesus, Light of the World - 00018
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Grandkids Rule! w/verse
"I'd rather be with my grandkids." - 00437
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Butterfly Bliss - 00445
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Thomas Kinkadee's Faith
for All Seasons w/verse "Believe all
things are possible with God" - 00105
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Try This!

Choosing the right heat pump technology for your house

By Brian Sloboda

Because heat pumps are the most efficient electric heating and cooling technology, they are an excellent choice if your home needs a heating, ventilation and air conditioning (HVAC) upgrade. While electric resistance heaters may be 100 percent efficient—meaning all the electricity that goes into it is used to generate heat—heat pumps can offer efficiency of 200 percent to 400 percent.

But the proper heat pump for your home depends on a variety of factors. Following are some tips when considering air-source and ground-source heat pumps.

Air-source

There are two main types of air-source heat pumps: ducted and ductless. Both provide heating and cooling, and they can also create hot water.

In cooling mode, these appliances function similar to an air conditioner by moving heat from inside to outside your dwelling. In heating mode, the refrigerant flow is reversed and produces warm air indoors.

When outdoor temperatures drop, the efficiency of air-source heat pumps decreases. As a result, these pumps are most popular in areas of the country, such as southern states, that do not experience extremely cold weather for extended periods. A good rule of thumb for air-source heat pumps is that they are effective until the thermometer drops to the 35–42 degrees F range. Heat pumps do continue to supply heat well below freezing temperatures, but may not be able to supply an entire home's heating requirements without help from a supplemental source.

For residents in the northern U.S., dual fuel setups can be attractive—which combine an air-source heat pump with a natural gas-, propane-, or heating oil-fired furnace. In those climates, a heat pump warms a house during fall, or warmer winter days and the spring months. When a prolonged cold snap hits, the supplemental furnace takes over.

Ducted systems have been the traditional air-source heat pump route, but ductless systems are picking up steam because they require less electricity than electric resistance heating—an estimated 50 percent to 60 percent less. In addition, air-source heat pumps that achieve Energy Star designation—meaning they meet or exceed federal energy efficiency standards—can be up to 9 percent more efficient than standard air-source heat pumps. The very nature of ductless heat pumps usually promotes zonal control of their operation, thus saving even more money when rooms are not occupied and the heating or cooling zone can be shut off.

Ground-source


Ground-source heat pumps, also called geothermal heat pumps, use relatively stable underground temperatures to heat and cool a home, and even to supply hot water. They come in two types: A groundwater (open-loop) heat pump uses well water, while an earth-coupled (closed-loop) model moves a water-and-antifreeze solution through underground pipes to disperse or absorb heat. The choice depends on local conditions.



Ground-source heat pumps use relatively stable underground temperatures to heat and cool a home, and to supply hot water.

Ground-source heat pumps tend to be the most efficient heating and cooling technology available, but the up-front cost is significantly higher than air-source heat pumps. The final price tag depends on where you live and the location and type of your loop system. A typical residential consumer selecting a geothermal system will save 30 to 60 percent or even more on an average heating and cooling bill compared to the cost of an air-source heat pump.

Consult your electric co-op

Choosing a heating and cooling system for your home is a big decision with lots of variables. Be sure to call your local electric cooperative for advice on what type of unit will work best for your area, and ask if your co-op offers any incentives for installing a high efficiency heat pump or geothermal system. Then, contact a reputable and knowledgeable HVAC contractor to discuss your options. 

Brian Sloboda is a senior program manager specializing in energy efficiency for the Cooperative Research Network (CRN), a service of the National Rural Electric Cooperative Association.

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How to Outsmart a Millionaire

Only the "Robin Hood of Watchmakers" can steal the spotlight from a luxury legend for under \$200!

I wasn't looking for trouble. I sat in a café, sipping my espresso and enjoying the quiet. Then it got noisy. Mr. Bigshot rolled up in a roaring high-performance Italian sports car, dropping attitude like his \$22,000 watch made it okay for him to be rude. That's when I decided to roll up my sleeves and teach him a lesson.

"Nice watch," I said, pointing to his and holding up mine. He nodded like we belonged to the same club. We did, but he literally paid 100 times more for his membership. Bigshot bragged about his five-figure purchase, a luxury heavyweight from the titan of high-priced timepieces. I told him that mine was the *Stauer Corso*, a 27-jewel automatic classic now available for only \$179. And just like that, the man was at a loss for words.

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Our specialty is vintage automatic movements. The *Corso* is driven by a self-winding design, inspired by a 1923 patent. Your watch will never need batteries. Every second of power is generated by the movement of your body. The black dial features a trio of date complications including a graphic day/night display. The *Corso* secures with a two-toned stainless steel bracelet and is water-resistant to 3 ATMs.

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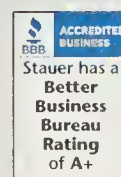
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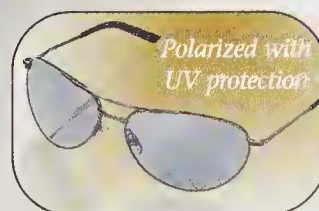
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What Goes Up Stays Up

Why the cost of producing and delivering electricity is going higher

Today it seems like the cost of everything from gasoline to groceries is going up. Unfortunately, the electricity industry is not immune. The cost of producing and delivering your electricity is rising, too.

The core mission of your electric cooperative is to supply reliable, safe and affordable electricity to its members, and to do so at the lowest possible cost. While your cooperative does all it can to manage costs, several issues are directly affecting your electric bill now and will be for years to come. The main drivers of cost increases in our industry are:

- Aging infrastructure
- New regulations
- Changing consumer needs and expectations

Let's take a look at each one, and examine how they are connected to each other.

Aging infrastructure

Your electric cooperative maintains and continually updates its part of "the grid" infrastructure mainly poles, underground and overhead power lines, and the equipment related to delivering electricity. But other parts of the grid mainly transmission systems and generating plants also need to be maintained, modernized or replaced. The cost of upgrading all these systems to meet growing demand for electrical power is going up. In general, building new power plants today costs significantly more than it did in 2000. The relatively recent addition of generating

facilities using renewable sources is an important part of this scenario as well.

Increased regulation

Government regulations have tightened air and water standards for generating plants and shortened the timeframe to comply with these new standards. Utilities today must replace or add facilities and equipment on an accelerated schedule, which increases costs. Modernization is necessary not only to meet future demand, but actually to ensure we can continue to maintain a high level of service and reliability today.

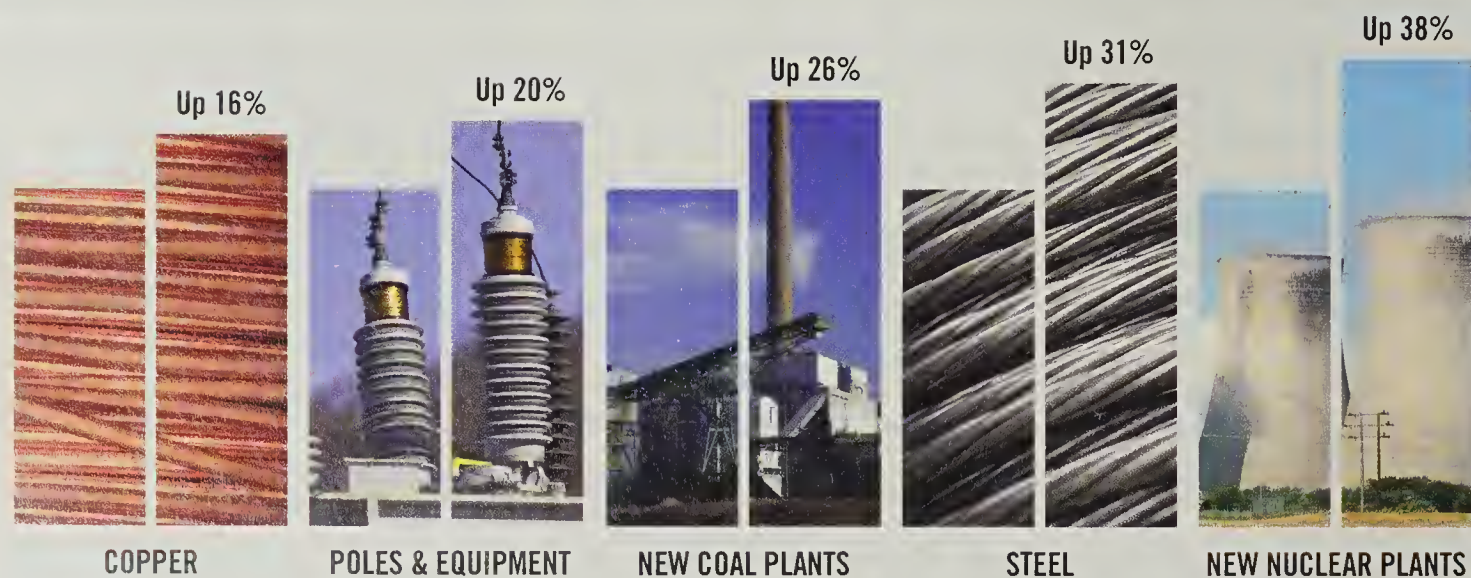
Changing consumer needs & expectations

The dizzying array of electronic devices and tools we have today, as well as our growing reliance on high-speed Internet access, has placed a new strain on electricity systems everywhere. Cooperatives are adding new hardware and software on top of basic infrastructure changes to meet the needs of consumer-members.

This all affects you

Your cooperative purchases wholesale power that is generated from power plants fueled from nuclear, coal, hydro, and

Look how costs have risen in one year (2010-2011):



Sources: Energy Information Administration, Tarheel Electric Membership Assn., London Metal Exchange

“Building new power plants today costs significantly more than it did in 2000.”

natural gas resources. To meet the growing requirements, generating facilities are being upgraded and modernized, and the cost of doing that is passed on to consumers.

Because your co-op is a part-owner of the Catawba Nuclear Station in York County, S.C. (operated by Duke Energy), about half of the electricity you use is generated by nuclear power, where costs have remained relatively steady, with zero carbon emissions. Without this nuclear resource, our costs would be significantly higher than they are now.

Additionally, as required by North Carolina law, we are tapping renewable resources like solar and landfill gas. These resources are typically more expensive and are limited in our area. We manage this requirement by purchasing a diverse mix of renewable resources to minimize the cost impact.

Knowing that these rising costs are part of doing business, your cooperative works to minimize increases by managing costs. That work includes implementing cost-saving measures at the co-op and in partnership with our wholesale power providers. Most cooperatives have invested in new technologies and data management software that result in system efficiencies. These investments will provide positive outcomes for both the cooperative and consumer-members over time.


Keep in mind that your cooperative is a non-profit business owned by its members. Unlike other utilities we do not have a guaranteed rate of return. We operate at cost, and if there are any margins over and above our costs in a given year, we return that money in the form of a capital credit to the membership.

Your power dollar



Up to 68 percent of every dollar you pay your local electric cooperative goes directly for wholesale power costs. Bucket trucks, poles and wire, right-of-way trimming, payroll, and other operating expenses are covered by the rest.

Source: National Rural Electric Cooperative Association

The bottom line is that the rising cost of producing and delivering electricity is a fact of life. Because we're all in this together—it's your business, too—we need to work cooperatively to face the facts. 

This is the first in a series prepared by the North Carolina Association of Electric Cooperatives. Next month: A primer on how your cooperative operates.

What you can do

Energy efficiency is the best way you can help save yourself energy and money. Your co-op continually offers you advice and help for using energy efficiently to keep down your own costs. Ask your co-op about an energy audit of your home, farm or business facilities; an audit can be a major help in determining where your own usage can be more efficient. Your co-op also knows about financial assistance programs that can help you implement proven energy efficiency improvements that result in real savings.

Your co-op can help you manage how you pay for your power, too, whether it's a pre-pay program, budget billing or by electronic means.

You can help your cooperative by communicating these concerns to local, state and federal officials. Tell your representatives to help avoid further government-driven increases in energy costs.

For tips that will help you save energy and money, look at the website www.togetherwesave.com.

The Cost of New Generation

The cost to build new power plants can vary widely. Each type of generation carries a ballpark price tag. The costs shown below, based on each kilowatt-hour produced, take into account plant construction, fuel, operating and maintenance costs, operating performance assumptions, expected operating life, and general tax and financing assumptions. Wind and solar generation are not directly comparable to other technologies because their power production varies based on weather conditions. These costs also do not reflect tax incentives or grid integration costs.



Estimates by National Rural Electric Cooperative Association using U.S. Energy Information Administration data from July 2012



From the floor of the warehouse to the walls of your house

Text and photos by Donna Campbell Smith

Tobacco baskets, once a common utilitarian product in the tobacco markets, have become a hot commodity as wall art in homes across the country. The first baskets were made in Kentucky, but North Carolina became the primary producer of tobacco baskets by the late 1800s. There were at least six manufacturers of tobacco baskets in Yadkin County at one time, earning it the title of "Tobacco Basket Capital of the World."

Tobacco was first exported from the colonies in huge wooden barrels called hogsheads. The barrels held about 1,000 pounds of the leaves. But the barrels made inspecting difficult and therefore cheating easy. The good leaves were packed on top, hiding inferior tobacco in the bottom of the barrel. Some crooked producers even went so far as to hide rocks and bricks under the tobacco. Eventually the hogshead method of marketing gave way to loose leaf auctions and private sales. Baskets were used to take tobacco to market even then, but apparently once it reached the warehouse the tobacco was placed on the floor.

R.J. Reynolds Tobacco Company is credited with coming up with the idea of using large flat baskets to keep their tobacco clean in the auction houses. The warehouse floors were filthy with mud, dust and manure brought in with the mule-driven wagons as tobacco was unloaded and stacked on the floor.

The baskets were made of oak that was split into strips. The oak strips were soaked in boiling soda water to make them bendable. The rim of the basket was fashioned with a double thickness of the strips. The bottoms were woven by machine, and another machine helped with putting the bottoms and the rims together. The tobacco companies purchased the baskets, and their

names were stenciled on the rims.

There was an art to packing a tobacco basket so that it presented the tobacco well, and so that it stayed on the basket. After tobacco was picked and graded, several leaves were bound together in what were called hands. The hands were tied onto a stick (about 35-45 hands per stick) and the sticks of tobacco were hung in the barn to cure. After curing, the tobacco was taken off the stick, packed in baskets and transported to the market. The hands were usually arranged on the basket in a circle, stems ends out for good presentation in the auction.

This method of hand tying the leaves was time-consuming, and eventually the tobacco was brought to market untied, wrapped in large burlap sheets. This pretty much spelled the end for the tobacco basket market, and by 1969 the basket companies had closed. The J.A. Miller Basket Company reopened in 1976 to make baskets for the burley tobacco market, but by 1990 that market had also faded. Bud Miller, the son of J. Anderson Miller, who started the company in 1945, still makes a small number of tobacco baskets, some full size and a miniature version, which are bought and resold in shops to decorators and homeowners to use in homes as wall art.

Flea markets, thrift stores, antique shops and yard sales are good places to shop for original tobacco baskets for your own decorating project. Craig's List, Ebay, Etsy and other online sites will often yield the baskets. Prices range from \$50 to over \$300 plus shipping charges. If you live on a farm and have an old barn full of junk, check and see if you have a fortune in forgotten tobacco baskets. 📍

Donna Campbell Smith is a Carolina Country contributing writer who lives in Franklin County.

Tobacco Farm Life

The Tobacco Farm Life Museum in Kenly, eastern Johnston County, shows how people lived and worked on eastern North Carolina tobacco farms for generations. It includes a turn-of-the-century homestead comprising a restored house, detached kitchen, smokehouse and log tobacco barn. Exhibits are housed in a 6,000 square-foot museum, open Tuesday through Saturday, 9:30 a.m. to 5 p.m.

Tobacco Farm Life Museum

709 N. Church St.
US Hwy. 301 N
Kenly, N.C. 27542
(919) 284-3431



Top left: Tobacco baskets are popular today as wall art.

Above Firebox built into outside of a log tobacco barn with a tobacco basket leaning against the wall.

Bottom: A restored log tobacco barn at E. Carroll Joyner Park, Wake Forest.

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Homegrown

What if North Carolina could produce its own organic cotton and turn it into clothing made here, just like in the old days?

It's already happening.

By Carla Burgess
Photos by TS Designs

An old African proverb says that it takes a village to raise a child. It took a similar cooperative spirit to accomplish something extraordinary in North Carolina's textiles industry during the past year. The mission was to grow organic cotton, turn the fiber into thread, the thread into cloth, and the cloth into clothing—all without leaving the state. Accomplishing this feat took two risk-taking farmers, a skilled crop consultant, a garment-maker committed to domestic production and a screen-printer who was

determined to feed North Carolina's economy with a locally made, environmentally friendly commodity.

The journey began in spring 2011 on two farms in the state's Coastal Plain, one in Nashville owned by Lewie Parrish and one near Whitakers owned by Orpha Gene Watson. Collectively, they planted about 65 acres of certified organic cotton and produced 25,000 pounds of fiber. They succeeded without using any chemicals on their cotton, something that few farmers have probably done in North Carolina since synthetic herbicides and pesticides hit the market in the mid-20th century.

Parrish and Watson lost some of their crop to weeds and sporadic poor growth. But they didn't lose their shirts. From the outset, the risk was solely theirs, though someone had made a good faith offer to buy as much of their cotton as possible and find homes for any remainder.

By last February, all the cotton was sold and ready to be converted to finished goods without ever crossing the state line. This kind of local supply chain is nearly unheard of in today's globalized textiles industry. Most cotton grown for apparel, from fiber to finished product, follows a dizzying, circuitous route around the globe in the chain of production. Eric Henry, an instigator of the state's organic cotton experiment, estimates that by the

time cotton is harvested, processed and made into a T-shirt, for example, it has traveled some 17,000 miles in its journey to the retail shelf. Henry owns TS Designs, a Burlington company that colors and screen-prints T-shirts using low-impact dyes and water-based inks. His business model is to stay solvent while using as much sustainable material and local labor as possible to produce an environmentally friendly product. Hungry for a reliable source of domestic organic cotton for his organic T-shirt line, Henry started a conversation in the state's agricultural sector about whether quality organic cotton could be successfully grown in North Carolina and whether any farmers might be willing to give it a try.

From dirt to shirt

Fortunately, Henry already had a tested model. In 2008, he established a relationship with a Stanly County farmer who grows cotton by conventional methods. Henry convinced him to sell him some of his wholesale fiber, which would be the source of cotton for his T-shirts. Henry partnered with Brian Morrell, a Wendell apparel manufacturer, to create a "Cotton of the Carolinas" brand. Their mission was to keep the chain of production in North Carolina, and they have succeeded. From start to finish, the cotton passes through hundreds of hands and at least five businesses in the state. Henry boasts that the T-shirts go "from dirt to shirt" in under 750 miles. "Cotton of the Carolinas is the only apparel line I know of that is completely transparent, from the consumer all the way back to the farmer," he says.



A scene of the 2011 harvest of organic cotton in Nash County.

Clothing

From start to finish, the cotton passes through hundreds of hands and at least five businesses in the state.



Lewie Parrish (left) of Parrish Farm in Nashville and Orpha Gene Watson of Hickory Meadows Organics near Whitakers are pioneering the state's organic cotton farming.

The organic cotton harvested last year is following a similar route. Henry purchased 10,000 pounds of organic cotton from the farmers and helped broker the sale of the rest to other North Carolina businesses. Raleigh Denim was among the eager customers. A company spokesperson said the business bought 775 pounds of raw cotton, enough to make 2,000 yards of fabric for 600 pairs of its high-end jeans, which are cut and sewn by hand in a downtown Raleigh workshop.

The organic way

To help bring their organic cotton to fruition, the farmers Parrish and Watson hired Mary Wilks, a certified crop consultant who was already working with them on other organic crops, including sweet potatoes, soybeans, tobacco, figs, blackberries and butterbeans. She monitored the cotton throughout the season—scouting and troubleshooting—helped with marketing and completed piles of the

government paperwork that accompanies organic farming. To be certified organic by the U.S. Department of Agriculture, a crop must be grown without chemical fertilizers, pesticides or herbicides, and the seeds must not have been treated or genetically modified, such as for resistance to herbicides. Also, the land must have been free of any chemicals for three years.

Organic farmers use multiple strategies, including incorporating animal manure to make the soil fertile, orienting crops a specific way to shade out weeds, timing the planting to avoid the most damaging life stages of pests, using only approved natural pesticides, and controlling weeds by hand or cultivation machinery. Organic cotton farmers must depend on frost to naturally defoliate the plants before harvesting the bolls. Leaves add extra trash to the harvested fiber and may also stain the lint. Conventionally grown cotton is defoliated by herbicides as soon as bolls are mature. Due to a late frost this past fall, the organic cotton plants shed their leaves uniformly and cleanly, says Wilks.

Wilks says weeds were the biggest obstacles they faced last year. In spite of the challenges, 77 percent of the fiber grown was usable, and the quality was above average among cotton graded in the Southeast, she says. Organic cotton prices for the U.S. crop in 2011 were 50 to 60 percent higher than non-organic prices, says Wilks. North Carolina farmers sold their organic cotton for \$1.75 a pound. By comparison, conventional cotton brought 72 cents a pound in 2010, according to the N.C. Department of Agriculture and

Consumer Services. It's more expensive to grow organic cotton due largely to the extra labor involved. Watson says no one can predict whether organic cotton will become a game changer here. "At this point, the bottom line is you're not making any more money on it than you are regular cotton," says Watson, who still grows most of his cotton conventionally.

"The profit margin for organic cotton at this time is not as high as some other organic crops like vegetables," says Wilks. "However, it is a good crop to add to the rotation, and North Carolina buyers have said they want more of our product." For now, Parrish and Watson are sticking with it—they sowed 45 acres for the current season, says Wilks. She thinks at least 1,000 acres could realistically be cultivated in the state. Organic cotton farms in the United States range in size from a few dozen acres to 4,500, according to the Organic Trade Association. Texas is the largest producer.

Organic cotton makes up a tiny fraction of cotton produced in North Carolina (800,000 total acres of cotton were harvested in 2011) and in the United States. Of the 10 billion pounds of cotton grown in the country in 2010, only 6.3 million pounds were organic, according to OTA and USDA statistics. However, the USDA's Economic Research Service reports that organic farming overall is one of the fastest growing sectors in U.S. agriculture, and organic cotton is part of that trend. ①

Carla Burgess is a Carolina Country contributing writer who lives in Raleigh.

Resources

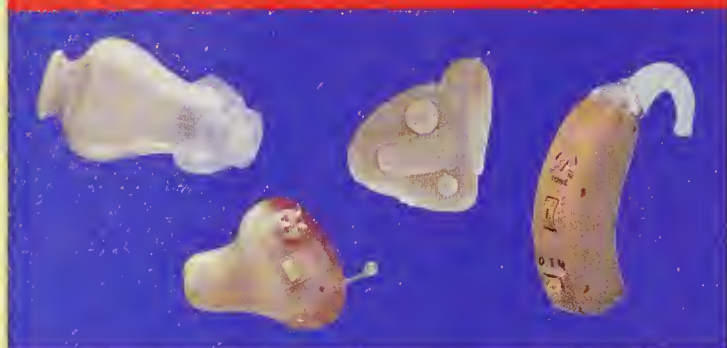
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Precautions can prevent accidents

Don't overlook dangers of common household appliances

Most households have an array of appliances, equipment and tools that make everyday tasks easier. People can forget about these items' dangers because the items are so much a part of life. Here are three common household items that can pose a danger to you and your family, along with ways to prevent accidents and injury.

Clothes dryer

Every year, dryers cause thousands of major house fires in the U.S. The primary culprit: lint. Dryer venting can become clogged with lint, causing a dangerous buildup of heat and an instant fire that spreads fast.

"If you notice that it's taking longer for your clothes to dry, it's likely that lint is clogging the venting system," explains Chris Hall, an appliance repair expert and president of RepairClinic.com. "You should clean it out as soon as possible."

In fact, experts advise homeowners to clean their venting system (from inside of the dryer to the outside vent cap) at least once per year. You can hire a professional to do this or buy a long brush made for the task or a plumbing snake and do it yourself. Remember to unplug your dryer first and if you have a gas dryer, to also shut off the gas. Once your vents are clear, your dryer will dry your clothes faster and more efficiently. Dryer lint traps should be cleaned out after every load.

Vinyl venting should be replaced as soon as possible with an aluminum equivalent. White vinyl no longer meets national fire code standards in the US.

Lawnmower

Push, self-propelled and riding lawnmowers all bear great risks for human injury, so proper care and precautions are critical.

"Debris—pet and children's toys, stones, plastic edging, wood chips, pieces of aged blades, etcetera—can be catapulted at speeds of up to 100 miles per hour," says Jeff Linderman, RepairClinic.com's landscaping expert.

"Being hit with these objects at such a speed can be a fatal injury."

Children and pets should stay inside when the mower is in operation, to avoid flying debris. Also, when you use a riding mower, it's particularly difficult to spot children who may venture too close to the mower.

The cutting blade located under the deck should be checked regularly for damage, bends, and dullness. Blades should be replaced every year or two, depending on usage. Replacement blades are inexpensive and easy to install.

Be sure to consult the manual regarding mower adjustments. "Many people often remove or adjust the position of their mower's deflector, despite warnings against this in the mower's owner's manual," says Linderman. Removing the deflector can allow flying debris to fly at a longer distance.

Another protective mower safety feature is its rubber trail shield located

at the back of the mower that prevents debris from flying out as the blade runs over it. Check annually to make sure it's working properly and free of tears.

Microwave oven

Replacing electronic parts in a microwave oven can be extremely dangerous and should be left to a repair professional. A microwave oven stores thousands of volts of electricity in its capacitor, even after the microwave oven has been unplugged. That's more than 30 wall outlets combined.

The cost to purchase a new microwave is often comparable to the cost of replacement parts, so a new unit can be the best solution. Non-electronic microwave parts like door latches or glass trays are inexpensive and easy to replace. ⓘ

Source: RepairClinic.com, which provides free repair guides and more than 600 how-to videos on its website www.repairclinic.com.



Watching over your nest egg

Focus on the future during market ups and downs

By Doreen Friel

If you're saving for retirement through a vehicle like a 401(k) plan, you've made a smart decision—one that will help you gain greater financial security. But if you're like many retirement investors, watching your account balance move in any direction other than “up” causes you to second guess.

Whether retirement is many years away or just around the corner, fluctuations in the stock and bond markets often stir up a great deal of anxiety. But it doesn't have to be that way—once you understand how those markets work.

Cyclical market

Market drops often create headlines, but market gains don't always make the front page. When it comes to investing, the historical record speaks for itself—market performance is cyclical (though, of course, past performance doesn't guarantee future results). This is part of the reason why many financial advisers caution investors to avoid making knee-jerk investment decisions based on day-to-day market activity.

Let's say you invested \$1 in April 1982 in investments that track indices of each of the three major asset classes—stocks, bonds, and cash. You kept that dollar in those investments for the next 30 years.

Over that time, your investment

Developing a diverse portfolio—one with stock, bond, and cash investments—will help cushion you from down cycles.

experienced gains and losses. But at the end of the day, your \$1 investment made money. Generally, during periods when one asset class experiences a dip or gain, another asset class trends, or moves, in the opposite direction. Despite the ups and downs of the




market, all asset classes exceed the pace of inflation over the same span.

What does all this mean to your 401(k) account? Despite what the stock market may do in the short term, keep your eyes focused on the future. Remember that the market

goes through cycles, so developing a diverse portfolio—one with stock, bond, and cash investments—will cushion you from down cycles.

By being patient when market downturns occur and by staying invested, you can generally recover what was “lost” when prices dropped.

Long-term guidance

For guidance on how you should consider investing for long-term financial goals and objectives, consult a financial professional or tax adviser. If you are looking for a stockbroker or investment advisor and want to make sure he or she is properly registered in North Carolina, the Securities Division of the Secretary of State in Raleigh can tell you. Call (919) 733-3924 or www.secretary.state.nc.us/sec. For other kinds of financial planners, check with your area's Better Business Bureau. 

Doreen Friel is a marketing communications consultant who produces materials for the National Rural Electric Cooperative Association.

Safe appliances, outlets and alarms

Keeping your appliances clean and testing your alarms and outlets helps keep your house safe

Want to maintain a safe (and energy efficient) house? Here are some simple how-to's to keep your appliances, outlets and alarms working all year long.

Clean refrigerator coils

Refrigerators are one of the highest energy-consuming products in your home. In fact, if your current refrigerator was made before 1993, it uses twice the amount of energy used by new models.

Vacuum the coils every three months to eliminate dirt buildup that reduces efficiency and creates fire hazards. To clean condenser coils:

Step 1: Unplug the refrigerator.

Step 2: Pull or unscrew the vent plate that protects the coils.

Step 3: Clean the coils with a vacuum hose, using a brush to wipe off dust you can see.

Clean air = safe air

Air conditioners need to be cleaned at the beginning of every season to keep them running safely and efficiently. To clean your air conditioner:

Step 1: Shut off power to the unit and remove the filter cover.

Step 2: Use a vacuum extension brush on either the coils or the visible air fins.

Step 3: Pull out the filter and clean or replace according to the instructions in the manual.

Step 4: Outside, clear leaves and debris away from the condensing unit. Hose off dirt.

Outlet serves as fail-safe

Ground fault circuit interrupters (GFCIs) are designed to protect people from electrical shock and electrocution. A GFCI constantly monitors electricity flowing in a circuit. If it senses any loss of current, it quickly switches off power to that circuit.

GFCIs can be installed at the main service panel or in place of ordinary

outlets. Typically, GFCIs are installed in areas where water and electricity mix in close proximity, such as a bathroom, garage, kitchen or basement.

GFCIs can be damaged or wear out due to voltage surges from lightning, utility switching or normal use. Just because an outlet works does not mean that the GFCI is functioning. GFCIs should be tested monthly to ensure they are in working condition.

Whether you have a receptacle-type or circuit breaker-type GFCI, pushing the "test" button should turn off the power of the circuit. Portable GFCIs should be tested before every use. Simply press the "reset" button.

Smoke alarms

On average, eight people die in a home fire each day in the U.S., for a total of nearly 3,000 fatalities every year. Roughly two-thirds of these deaths occur in homes without working smoke alarms. Smoke alarms save lives by providing early warning of fire. Newer smoke alarm recommendations and technologies provide greater levels of protection than ever before.

Smoke alarms should be installed in every bedroom, outside each sleeping area and on every level of the home.

Test smoke alarms monthly by pushing the "test" button or using other procedures recommended by the manufacturer. Smoke alarm batteries should be changed at least once a year. If an alarm "chirps" or "beeps" to indicate low batteries, change them right away. Replace all smoke alarms at least every 10 years.

Arc fault circuit interrupters

Arc fault circuit interrupters (AFCIs) replace standard circuit breakers in your home's electrical service panel. AFCIs provide a higher level of




Every three months, remember to vacuum your refrigerator coils. This eliminates dirt buildup that reduces efficiency and creates fire hazards.

electrical fire protection, detecting hazardous arcing conditions traditional breakers were not designed to recognize, and shutting down the electricity before a fire can start.

AFCIs can stop working without showing signs of failure. Test AFCIs after installation and once a month to make sure they are working properly.

To test: Push the "test" button. The breaker handle should go to the middle or off position.

To reset: Move the breaker handle to the off position and then to the on position. 

—Association of Home Appliance Manufacturers, Electrical Safety Foundation International

Healthier choices

School lunches get a nutritional makeover



Both fruits and vegetables must be served daily under new guidelines.

North Carolina schools have been busy revamping lunch menus in line with the U.S. Department of Agriculture's (USDA) new school lunch guidelines. The requirements are aimed at improving child nutrition and reducing childhood obesity, and are part of the Healthy, Hunger-Free Kids Act signed into law late 2010.

The new lunch standards will be phased in over three years, beginning this fall at schools across the nation. Schools are permitted to focus on changes in lunches in the first year, with most changes in breakfast phased in during future years.

Dr. Keith Ayoob, RD, a child nutrition expert, highlights the biggest changes under the new guidelines:

More colorful fruits and vegetables

Both fruits and vegetables must be served every day of the week, and there is now a weekly requirement for specific colors of vegetables. Previously, schools only had to offer either fruits or vegetables.

Whole grains

While encouraged in the past, schools now must offer whole-grain rich foods. Schools are looking at how to ensure foods are nutritious, but also appealing to kids.

Attention to portions

Calorie limits will be enforced based on the age of children being served to ensure proper portion size. New menus will be increasingly focused on reducing saturated fat, trans fats and sodium.

Nutrient-rich milk

Along with low-fat and fat-free white milk, now all the chocolate milk served for school lunch will be fat free. For some time, the nation's milk processors have been lowering the calories and sugar in what's called school-flavored milk. School-flavored milk now has 38 percent less added sugar than just five years ago and, on average, just 31 calories more than white milk.

Flavored milk is a popular choice in school lunch rooms, and kids drink less milk and get fewer nutrients when it's taken away. Whether flavored or white, milk has nine essential nutrients, including calcium, vitamin D and

Helping kids eat well

Offering nutritious choices in schools helps kids learn food and nutrition lessons. Research has found that if you offer kids carrots and celery, they'll eat more carrots than if you just provide carrots alone. It suggests the ability to choose between two or more options helps boost kids' overall intake of nutritious foods.

potassium, all of which many kids fail to get enough of. Learn more about milk at www.milkatschools.com.

—Family Features.com

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, submit your answer on our new website by Sept. 8. Look for the "Where In Carolina Country Is This?" sign on the home page.

Enter online: www.carolinacountry.com

The winner, chosen at random and announced in our October issue, will receive \$50. This is a one-time contest to introduce our new website. In subsequent issues, we will accept "Where Is This?" answers by e-mail and mail. To see the correct answer and winner's name before the October magazine, go to the new website beginning Sept. 10.



WHERE IN
CAROLINA COUNTRY
IS THIS?

August winner

Many of you correctly identified the August scene as the Museum of the Albemarle as seen from Charles Creek Park in downtown Elizabeth City. The winner, whose submission was selected at random from all the correct answers submitted, was Lee Fulton of Eure, a member of Roanoke Electric Cooperative.

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MY ADVENTURES WITH

Red Shoes

By Carolyn Bowman

Some things in life are just more special to one person than to another and can almost border on obsessive. In my case it happens to be red shoes.

When I was 5, my mother took me shopping for shoes and got me a new pair of red sandals. They just happened to match a sundress that I was wearing that day. The day just got better when my daddy asked me to go fishing with him. He would put on his overalls and with fishing rod in hand he would head over to Hebron Lake. To go along with him and have Daddy all to myself was a great treat. I asked my mother to let me wear the new red sandals to the lake with Daddy, and she finally agreed. (Sometimes being the baby in the family helps.)

My new shoes were so much fun to wear. I felt like a princess. The fact that they were red and had buckles made me a very proud 5-year-old. I don't remember anything about the fishing. I just remember getting very tired and sleepy. And I remember the look on my mother's face when we got back to our house and she looked at my feet. The red shoes were gone!

While I was playing near the edge of the water, I had taken them off and put them on the river bank to keep them safe. When it was time to leave, both Daddy and I forgot about the shoes we had left by the lake. It was dark when we got home, so we waited until the next day to drive back to the lake to find them. By that time the shoes were gone. Some other little girl would wear my new red shoes. I cried so much, my eyes were the color of the lost sandals.

During my teenage years I worked at Stellen's, a dress shop in Statesville. The shop had ladies clothing but did not

carry shoes. I worked on Saturdays and sometimes I would help take inventory of the store for the extra money. Occasionally on those Saturdays, on my lunch break, I would window shop. Making just 50 cents an hour meant I did more looking than shopping, but it was fun. One day I spotted a pair of beautiful red high-heeled shoes in the window display of Hines Shoes. This was a very upscale store, and the shoes were absolutely gorgeous. They were the second prettiest pair of red shoes I had ever seen. Of course I had to see if they had my size and try them on. I was just so in love with these shoes, and they felt great, so the Lay-a-way Plan was the way to go. My earnings did not allow me to pay \$18 for a pair of shoes. Boy, did I ever scrimp and save to finally get those shoes paid for. It was certainly an effort but I was so proud. But when I put them on to wear to church they nearly killed my feet. I suffered through wearing them that time and on one or two other occasions. Then I was finished with them. My feet suffered too much agony. It seemed these red shoes and I did not fit together.

For years, red shoes were not on my list of favorites. I think I remembered the two bad experiences I had suffered through. So there was a lapse of red shoes in my closet until one day, while shopping for a casual party dress, I found a beautiful white sundress that just screamed for red shoes and jewelry. It was springtime in Greensboro, and the hunt began. I found ankle-strap sandals with a peek-a-boo toe and a little wedge heel. They were the best! I was in my mid-30s and thought they were just too cute and sexy. They



This is about when I got my first pair of red shoes. I didn't have them long.



A few years later, I got some red high heels. I didn't have them long either.



This is around when I found some red ankle-strap sandals. They were the best dancing shoes.



When I found a pair of red clogs, my son had just about had enough.

became my favorite shoes for every occasion and were one of the best pair of dancing shoes I had ever owned. Well, needless to say, I finally had to send them to shoe heaven. They just wore out. But I did get the full benefit of owning a pair of red shoes.

One December many years later, I was on vacation with my son and his wife in Wilmington. We were doing some shopping, much to my son's discomfort, and all of a sudden I spotted the most comfortable looking clogs I had ever seen. And they were on sale. They were red—my son said orange-red—with some black trim. I tried them on, and my son starting laughing. "Mom, those are the ugliest shoes I have ever seen." I asked why they were so ugly and his response was "the color, Mom." Shocked, I asked what's wrong with the color? I turned to my daughter-in-law for an opinion. Females always stick together, right? Wrong! Bless her heart, she did her best to be kind, but I could tell she did not like the color either, and she kept trying to find my size in another color. But I was determined! They were my purchase of the day, and I walked out of the store happy and smiling. Not only a bargain, but comfortable and red as well. And what a treasure they turned out to be.

When we finished shopping, we decided to visit one of the local bars for an adult beverage. As we sat at the bar, the conversation among the three of us was all about those "ugly shoes." Okay, it was time for another viewpoint, so I took them out of the box and asked the bartender for his opinion. He did his best to try to like them. He had to agree with me finally that they were great shoes, but he said the color was too strange. However, a gentleman at the end of the bar proceeded to tell me that he thought they matched my personality. Is that good or bad? I am saying good, because he was smiling when he said it.

Years later, I still love those shoes. Every time I wore them at work, one of my co-workers threatened to call my son and tell him I was wearing those "dreadful red shoes." They thought wearing them affected my personality and made me act crazy. They just didn't know how much older folks like comfortable shoes at all times, crazy or not.

Not long ago I retired, so now I have the leisure time to find yet another perfect pair of red shoes. Wish me luck! ①

Carolyn Bowman grew up in Statesville and lives in Greensboro. She enjoys painting, writing and her laptop computer.



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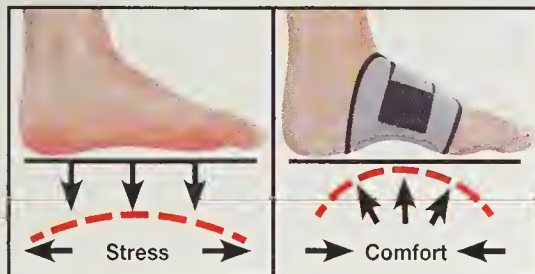
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Erin Hills Shepherd, a member of Piedmont EMC, makes fragrant soy wax candles in her farmhouse kitchen. The candles, made without dyes, have eco-friendly wax and wicks and come in jelly jars for a simple, country look. Soy wax burns more efficiently, longer, with less soot and throws fragrance more strongly than paraffin. Candles range in price from \$9 to \$12 each, plus shipping. Fragrances available year-round include English Garden, Gardenia, Grapefruit, Green Tea & Lemongrass, Hydrangea, Jasmine, Lavender, Lavender Cucumber Sage, Lilac, Lily of the Valley, Line-Dried Linen, Ocean Breeze, Rose, Sweet Orange, Spring Meadow and Violet. Special seasonal candles—Pumpkin Pie, Mulled Cider and Wintergreen—are available September through January. For more information and an order form, send a self-addressed stamped envelope to Harmony Farm Candles, 4721 Harmony Church Rd., Efland, N.C., 27243, or you can order candles on the website below.

www.HarmonyFarmCandles.etsy.com



Financial Resources

Need financial assistance or debt relief but not sure who best to contact about it? Or perhaps you are a social worker, minister or family counselor who wants to give someone the best possible resources for their particular problem. CareConnect USA, based in Waxhaw, is a public benefit organization that publishes and distributes free reference guides with lists of vetted help lines for families. The guides include phone numbers for topics such as bankruptcy advice, ID theft, mortgage payment and child-care subsidies. Director David Moakler, a Union Power member, says CareConnect USA carefully vets the service providers and agencies before allowing them in its network of help lines. Its website also provides other helpful information such as how to stretch your dollars. You can download the free reference guide in several formats (including two sizes for dayplanners) or order multiple handouts free from the website below.

(800) 291-1068

www.careconnectusa.org

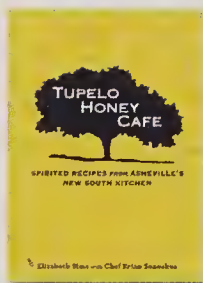
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Tupelo Honey Cafe

As an early pioneer in the farm-to-fork movement, chef Brian Sonoskus has been creating sassy, made-from-scratch dishes at the Tupelo Honey Cafe in downtown Asheville since it first opened in 2000. The cafe salutes the love of Southern traditions at the table, but with creative twists to traditional food favorites. At Tupelo, grits become Goat Cheese Grits, fried chicken becomes Nutty Fried Chicken with Mashed Sweet Potatoes, and poached eggs become Eggs with Homemade Crab Cakes and Lemon Hollandaise Sauce. Its cookbook collection of more than 125 innovative recipes captures the independent spirit of Asheville and is illustrated with color photographs of restaurant food, locals, farmers markets and farms, in addition to black-and-white archival photographs showing Asheville history. Co-written by Sonoskus and Elizabeth Sims, chapters include "The Art of the Perfect Sandwich and Salad," "Beyond the Smokehouse" and "Blue Ridge Parkway Brunches." The cookbook also suggests food pairings for wine and beer. Andrews McMeel Publishing in Riverside, N.J. Hardcover, 222 pages, \$29.99.

(800) 943-9839

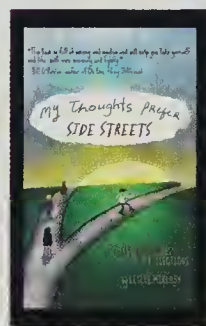
www.andrewsmcmeel.com



My Thoughts Prefer Side Streets

This often whimsical collection of original essays and short reflections considers how we can get along in the world and successfully meet the challenges of life. Author Leslie Miklosy, who enjoys word play, invites the mind to go in new directions and to creatively untie life's knots. With both humor and seriousness, Miklosy explores topics such as attitude, generosity, sensuality, the unknown and the relationship with self. He seeks to uplift and motivate readers. For example, his observation on solutions: "Any movement toward solution gathers energy; any movement away from solution depletes energy. Act accordingly." A former administrator in mental health and philanthropy, he lives in Fayetteville. VBV Publishing in College Station, Texas. Softcover, 122 pages, \$13.95.

www.virtualbookworm.com



I've Had It Up to Here with Teenagers

Author Melinda Rainey Thompson tackles curfews, punishments, clothing wars, social media and allowances in humorous essays based on true events in her sports-filled, child-ferrying, laundry-washing life. "I've Had It Up to Here with Teenagers" shares the truth of rearing teens with humor and heart. Thompson notes that her three teens give her attitude, refuse to clean their rooms, complain for hours about 10-minute chores, spend money like it regenerates and expect her to serve them snacks an hour after dinner. Between witty rants, she offers quirky lists on just what she hates—or loves—about raising teenagers. Beyond the humor and angst, the Alabama author reminds readers that even in the midst of trials-by-fire come moments of sweet joy. Blair Publisher in Winston-Salem. Softcover, 176 pages, \$14.95.

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Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

DEAR DORRIS: I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck. I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it!



I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that can truly help my loose neck skin?

Turkey Neck, Durham, NC

DEAR TURKEY-NECK: In fact, there is a very potent cream on the market that firms, tightens and regenerates new skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream®**. This cream contains an instant lift

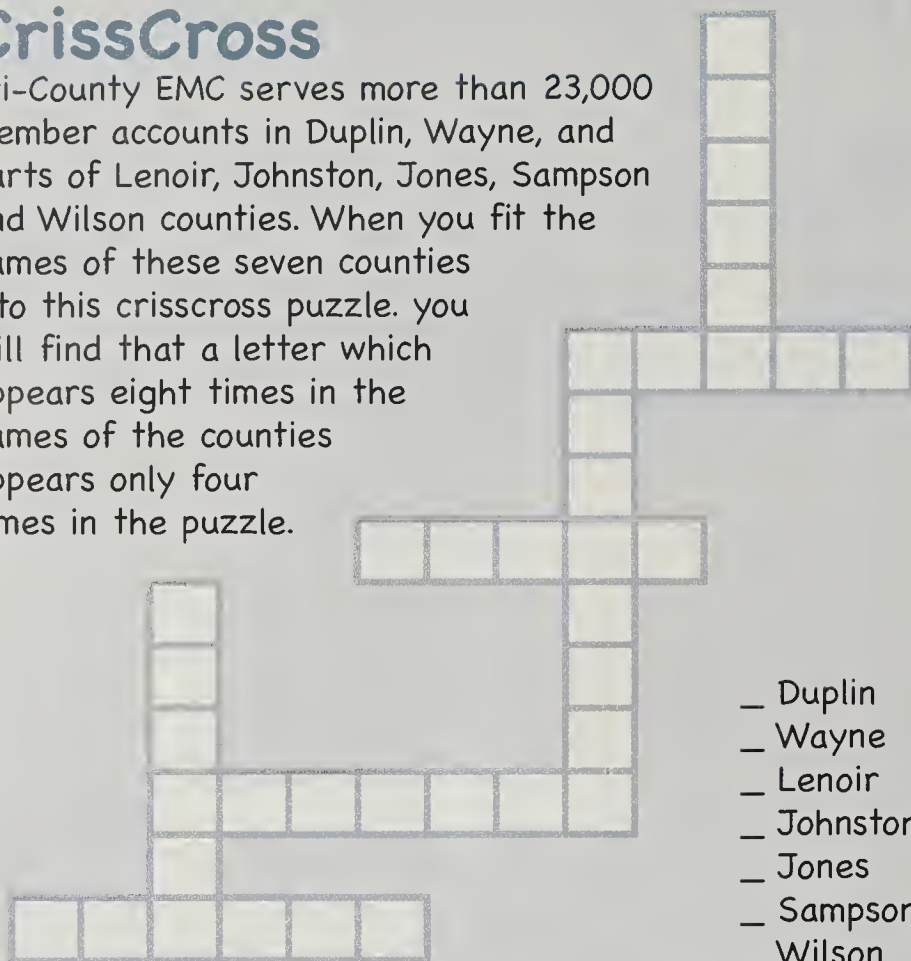
ingredient that tightens the skin naturally, as well as deep moisturizing ingredients to firm the skin and make it more supple. Amazingly, the **Dermagist Neck Restoration Cream®** also has Stem Cells taken from Malus Domestica, a special apple from Switzerland.

These stem cells are actually unprogrammed cells that can mimic those of young skin that stays tight, firm and wrinkle free. As an alternative to the scary surgeries or face lifts that many people resort to, this cream really packs a big punch on the loose saggy skin of the neck.

The **Dermagist Neck Restoration Cream®** is available online at Dermagist.com or you can order or learn more by calling toll-free, 888-771-5355. Oh, I almost forgot... I was given a promo code when I placed my order that gave me **11% off**. The code was "NCN5". It's worth a try to see if it still work.

CrissCross

Tri-County EMC serves more than 23,000 member accounts in Duplin, Wayne, and parts of Lenoir, Johnston, Jones, Sampson and Wilson counties. When you fit the names of these seven counties into this crisscross puzzle, you will find that a letter which appears eight times in the names of the counties appears only four times in the puzzle.



— Duplin
— Wayne
— Lenoir
— Johnston
— Jones
— Sampson
— Wilson

WORD ward-wary-pray PLAY

F I S H

— — — —
— — — —
— — — —
— — — —

F O W L

To go from FISH to FOWL you must change a letter in each step to spell a new word. You can rearrange letters in any step. Your answer may be different from mine.

Oh, Kay!

They say there is no such thing as a stupid question.

That's right



Why?



Find the Value of

H E L P

— — — —
The letters EHPL stand for four digits in sequential ascending order.

$$(LE)^2 = HELP$$

The square of the two-digit number LE is the four-digit number HELP.

$$E + L = H + P$$

Given this information, can you find the value of HELP?



Second thought on a first line

"Come live with me and be my love,"*
and this is what I'll do.
When the Census rolls around
I'll be your POSSLQ.**

*Christopher Marlowe

**POSSLQ is an abbreviation (or acronym) for "Persons of Opposite Sex Sharing Living Quarters," a term coined in the late 1970s by the United States Census.

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Battle Of Bluegrass Bands

Hosted by Carolina Foxfire
Sept. 1, Cherryville
(704) 447-5090
www.catawbavalleymusicrevival.com

A Cavalcade Of Stars

Live music fundraiser
Sept. 1, West Jefferson
(336) 927-4472
www.ashecivic.com

Weekend Craft Show

Sept. 1-2, Maggie Valley
(828) 736-3245
www.maggievalleycraftshows.com

Coot Williams Road Bluegrass Festival

Sept. 6-8, Cherryville
(704) 447-5090
www.catawbavalleymusicrevival.com

Grandfather Mountain Kidfest

Guided hikes, games, storytellers
Sept. 8, Linville
(828) 733-2013
www.grandfather.com

Year Of The Bat

Educational programs, booths
Sept. 8, Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

Sculpture Celebration

Showcasing 70 sculptors
Sept. 8, Lenoir
(828) 754-2486
www.caldwellarts.com

Dahlia Show

Sept. 8-9, Asheville
(828) 665-2492
www.ncarboretum.org

Railroad Heritage Weekend

Sept. 8-9, Blowing Rock
(877) 893-3874
www.tweetsie.com

Early Fall Migration

Guided bird walk
Sept. 9, Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

Literary Festival

Writing competition, book fair, gallery crawl
Sept. 12-15, West Jefferson
(336) 877-3299
www.onthesamepagefestival.org

John Tesh: Big Band Live

Sept. 13, Spindale
(828) 287-6113
www.foundationshows.org

Piecemakers Quilt Fair

Sept. 14-15, West Jefferson
(336) 973-3424
www.ashequilts.org

American Girl Scout Day

Wilderness know-how
Sept. 15, Linville
(828) 733-2013
www.grandfather.com

Festa Italiana

Food, wine, dancing
Sept. 15, Ronda
(336) 835-9463
www.raffaldini.com

Music On The Mountain

Sept. 16, Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

Celebration Of The Arts

Show and sale
Sept. 20-23, Spindale
(828) 287-6113
www.rcvag.com

Lorrie Morgan

Country music
Sept. 21, Morganton
(828) 433-7469
www.commaonline.org



Old Fort in McDowell County celebrates the 100th anniversary of Andrews Geyser on Old Fort Railroad Day, Sept. 22. The geyser was located near Round Knob Hotel (there's a new Round Knob Lodge retreat center here now) and was a popular attraction. Activities begin at the geyser at 10 a.m. followed by a celebration downtown. For more information: (828) 668-4282 or www.visitmcdowell.com

St. John's Arts Festival

Sept. 22, Marion
(828) 652-3077
www.maggievalleycraftshows.com

Railroad Day

Sept. 22, Old Fort
(828) 668-4282
www.visitmcdowell.com

Mountain Dulcimer Workshop

Sept. 22, Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

Open Studio Tour

Sept. 22-23, Henderson County
(828) 698-8775
www.openstudiotourhc.com

Pisgah Inn Craft Show

Sept. 22-23, Blue Ridge Parkway
(828) 235-8228

Bug Ball Fundraiser

Dress as your favorite bug
Sept. 28, Belmont
(704) 825-4490
www.dsbg.org

Quilt Show

Sept. 28-30, Fletcher
(828) 645-4582
www.ashevillequiltguild.org/show.html

Art On The Island

All-day festival
Sept. 29, Marshall
(828) 649-1301
www.madisoncountyarts.com

Mountain Heritage Day

Sept. 29, Cullowhee
(828) 227-7129
www.mountainheritageday.com



Listing

Deadlines:

For Nov.: Sept. 25
For Dec.: Oct. 25

Submit Listings Online:

Visit www.carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

Herb Festival

Sept. 29, Lake Lure
(828) 287-6113
www.lakelure.com

Flock To The Rock

Fall migration birding event
Sept. 29, Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

Celebrating Gold: Bechtler Heritage

Premiere UNC-TV documentary
Sept. 29, Rutherfordton
(828) 287-6113
www.rutherfordtown.com

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www.historiccarsonhouse.com

Bluegrass Music Jam

Thursdays, Marion
(828) 652-2215

Wicked Plants

Exhibit on diabolical botanicals
Through Sept. 3, Asheville
(828) 665-2492
www.ncarboretum.org

Hickory Ridge**Living History Museum**

Backcountry lives of ancestors
Through Oct. 13, Boone
(828) 266-1345
www.hickoryridgemuseum.com

Cruise Inn

First Sat. of month through Oct.
Lenoir
(828) 728-2456
www.lenoircruisers.com

Art Walk

Through Nov. 2, Murphy
(828) 494-7403
www.valleyriverarts.com

Country/Bluegrass Jam Session

Friday nights through Nov. 30
Lake Toxaway
(828) 966-4060

Alleghany Jubilee

Through Dec. 28, 2013
(Tues. & Sat. nights)
Sparta
(336) 372-4591
<http://alleghanyjubilee.com>

Civil War Traveling Exhibit (West)

Sept. 1-28, Gastonia
(919) 807-7386
www.nccivilwar150.com

9 to 5

Musical comedy
Sept. 7-23, Hickory
(828) 327-3855
www.hct.org

Music At The Mills

Hometown bluegrass music
Sept. 7-28, Union Mills
(828) 287-6113
www.unionmillslearningcenter.org

Fall Orchid Sale & Open House

Sept. 15-23, Hickory
(828) 632-0106
www.ironwoodorchids.com

Ghost Train Halloween Festival

Sept. 28-Oct. 27, Blowing Rock
(877) 893-3874
www.tweetsie.com

Piedmont (between I-77 & I-95)**The Embers**

Summer concert series
Sept. 3, Asheboro
(336) 626-1240
www.asheboronc.gov

Journey Through Symphony

Concert series
Sept. 6, 13, 20, Fayetteville
(910) 483-5311
www.capefearbg.org

Colin Hay Concert

Sept. 7, Clayton
(919) 553-1737
www.theclaytoncenter.com

Quilt Show

Sept. 7-8, Yadkinville
(336) 679-3596

National Truck & Tractor Pull

Lumberton Budweiser 300
Sept. 7-8, Robeson County
Fairgrounds
(919) 570-9587
www.tpull.com

Cumberland County Fair

Sept. 7-16, Fayetteville
(910) 483-5311
www.cumberlandcountyfair.org

Homecoming Festival

Sept. 8, Mayodan
(336) 548-2241
www.townofmayodan.com

Downtown Night Out/Cruise In

Sept. 8, St. Pauls
(910) 865-4179

Art & Craft Festival

Sept. 8-9, Raleigh
(336) 634-3397
www.ncgourdsociety.org

Triad Orchid Society Auction

Sept. 9, Greensboro
(336) 940-6272
www.triadorchidsociety.org

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Stokes County Agricultural Fair
Sept. 10–15, King
(336) 924-9561
www.stokescountyfair.org

Bethabara Concert & Family Evening
Sept. 13, Winston Salem
(336) 924-8191
www.bethabarapark.org

Seldom Scene
Bluegrass act
Sept. 14, Rocky Mount
(252) 985-5197
www.ncwc.edu/arats/dunncenter

Southeast NC Ag Show
Sept. 14–15, Lumberton
(910) 840-0291
www.lumberrivertractorclub.com

Dublin Peanut Festival
Sept. 15, Dublin
(910) 739-9999
www.dublinpeanutfestival.com

Bluegrass Concert
Sept. 15, Albemarle
(704) 791-7399
www.littlecreekmusicpark.com

Apple Fest '12
Sept. 15, Winston Salem
(336) 924-8191
www.bethabarapark.org

Fall Festival
Sept. 15, Lillington
(910) 893-3751
www.lillingtonchamber.org

NC Zoo Plant Sale
Sept. 15, Asheboro
(336) 879-7410
www.nczoo.org

Music Festival
Sept. 15, Creedmoor
(919) 764-1003
www.cityofcreedmoor.org

Fantastic Shakers
Summer concert series
Sept. 16, Asheboro
(336) 626-1240
www.asheboronc.gov

Fayetteville After Five
Sept. 20, Fayetteville
(910) 483-5311
www.faydogwoodfestival.com/index.php

Jazz Concert
Sept. 20, Asheboro
(336) 633-0208
<http://2012-13rcculturalartseries.eventbrite.com>

Heroes And Villains After Dark
Secrets of entertainment industry
Sept. 21–22, Durham
(919) 220-5429
www.lifeandscience.org

NC Symphony
Brahms' First Symphony
Sept. 21, Fayetteville
(910) 483-5311
www.ncsymphony.org

Quilt Show
Sept. 21–22, Colfax
(336) 509-5288
www.piedmontquilts.org

Embrace Women's Conference
Lunch, speakers, worship music
Sept. 22, Locust
(704) 485-3326
www.newlife247.com

Bright Leaf Hoedown
Mock tobacco auction, farm Olympics, car show
Sept. 22, Yanceyville
(336) 694-6106
www.caswellchamber.com

Cruisin' Asheboro
Car show/cruise in
Sept. 22, Asheboro
(336) 626-2626
www.asheboronc.gov

Wildlife Expo
Sept. 22, Fayetteville
(910) 483-5311
www.ncwildlife.org

Journey Through Symphony
Sept. 27, Fayetteville
(910) 483-5311
www.capefearbg.org

Silent Film Festival
Sept. 28, Mount Gilead
(910) 439-5111

Pianist Thomas Pandolfi
Interpreter of George Gershwin's works
Sept. 28, Rocky Mount
(252) 985-5197
www.ncwc.edu/arts/dunncenter

Glory Days Tractor Show
Sept. 28–29, Lone Hickory
(336) 671-8094

Quilt Show
Sept. 28–29, Pinehurst
(910) 255-6743
www.quiltinginthepines.org

Falling Rivers Pottery Festival
Sept. 28–29, Albemarle
(704) 983-4278
www.fallingriversgallery.com

"Cowboy Up"
Barrel racing, ranch sorting, roping
Sept. 28–30, Lumberton
(910) 739-9999
www.lumberton-nc.com

Bennett Perry Archaeology Day
Sept. 29, Henderson
(252) 257-2654
www.theaaca.com

International Folk Fest
Sept. 29–30, Fayetteville
(910) 483-5311
www.theartscouncil.com/iff.php

ONGOING

Cruise-in for Vets
At Smithfield's
Monday evenings, Rockingham
(910) 461-9735
www.visitrichmondcounty.com

Maness Pottery & Music Barn
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Tuesday nights, Midway
(910) 948-4897
www.liveatclydes.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
www.visitmayberry.com

Arts Councils' Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.org

Clotilde Burcher
Guest artist
Sunflower Studio
Through Sept. 8, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Chatham County Photos
Through Sept. 14, Siler City
(919) 454-6839
www.ncartsincubator.org

Possibilities
Glass, metal sculpture, paintings
Through Sept. 23, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

"Ships and Their Shores" Exhibit
Through Oct. 25, Goldsboro
(919) 734-5023
www.waynecountyhistoricalnc.org

Music Barn Concerts
Bluegrass
Through Dec. 31, Mt. Gilead
(910) 220-6426
www.mgmusicbarn.com

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www.ncmuseumofhistory.org

Cumberland County Fair
Sept. 9–26, Fayetteville
(910) 483-5311
www.cumberlandcountyfair.org

Shakespeare Festival
Sept. 9–30, High Point
(336) 841-2273
www.festivalstage.org

Art After Hours
Guest Artist Kitty Deemer
Sept. 14–Oct. 6, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Jesus Christ Superstar
Rock opera
Sept. 9–Oct. 7, Fayetteville
(910) 323-4233
www.cfrt.org

The Fantasticks
Tale of young lovers
Sept. 20–Oct. 7, Fayetteville
(910) 678-7186
www.gilberttheater.com

Meditations
Paintings, blown glass, furniture
Sept. 24–Oct. 21, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

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TOP 20 EVENTS

Coast (east of I-95)**Mall Ball**

Sept. 2, Greenville
(252) 329-4200
www.greenvillencusadance.org

Riverfront Music Festival

Sept. 3, New Bern
(240) 694-6808
www.theevententhusiasts.com

Steel Magnolias

Drama-comedy
Sept. 6-9 & 13-16, Morehead City
(252) 728-7550
www.carteretcommunitytheatre.org

Collard Festival

Sept. 6-9, Ayden
(252) 746-7080
www.aydenollardfestival.com

Indian Summer Festival

Sept. 7-8, Hertford
(919) 801-2847

Coharie Indian Cultural Pow Wow

Sept. 7-8, Clinton
(910) 592-1119
www.coharietribe.com

Dog Show

Sept. 8, Greenville
(252) 329-4200
www.grpd.info

Shrimp Feast

Sept. 8, Edenton
(252) 482-4057
www.chowanfair.com

Vance Gilbert Concert

Sept. 14, New Bern
(252) 633-2444
www.downeastfolkarts.org

Taste of Edenton

Sept. 14, Edenton
(252) 482-7800
www.edentonhistoricalcommission.org

Newport Heritage Days

Sept. 14-15, Newport
(252) 241-1793
www.crystalcoastnc.org

Truck & Tractor Pull

Sept. 15, Morgan's Corner
(252) 264-2993
www.mcttp.com

Wag, Walk & Run

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Electric Foundation
Sept. 15, Beaufort
(252) 247-1747
www.encorepets.org

Folk Arts Concert

Clawson's
Sept. 15, Beaufort
(252) 633-6444
www.downeastfolkarts.org

Harvest Festival

Sept. 15, Bethel
(252) 329-4200
www.hometownbethel.com

Home & Garden Walking Tour

Sept. 15, Windsor
(252) 794-5318

Enriching Minds Series

Author Jeanette Walls, luncheon
Sept. 18, Greenville
(252) 329-4200
www.pittliteracy.org

Flying Scot Regatta

Sept. 22-23, Edenton
(252) 312-9042
www.eycnc.org

City To The Sea Bike Ride

Sept. 23, Jacksonville
(910) 347-5332
www.onslowcountync.gov/parks

Regional Fair

Sept. 25-29, Edenton
(252) 482-4057
www.chowanfair.com

Carolina Jamboree

Buffet, performance
Sept. 28, Edenton
(252) 482-4621
www.rockyhockplayhouse.com

Pirates' Jamboree

Remember Nags Head Casino
Sept. 29, Elizabeth City
(252) 335-1453
www.museumofthealbemarle.com

Dog Day In The Park

Pooch festivities, micro chipping,
photo contest
Sept. 29, Jacksonville
(910) 347-5332
www.onslowcountync.gov/parks

ONGOING**Art Walk**

First Friday, Elizabeth City
(252) 335-5330
<http://ecncart.com>

Art Walk

First Friday, Greenville
(252) 329-4200
www.uptowngreenville.com

Ghosts of New Bern Walking Tour

Through Sept. 2, New Bern
(252) 571-4766
www.ghostofnewbern.com

Workboats & Watermen In Civil War

Through Sept. 4, Manteo
(252) 475-1500
www.roanokeisland.com

Civil War Traveling Exhibit (East)

Through Sept. 28, Edenton
(919) 807-7386
www.nccivilwar150.com



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This project received support from
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On September 15, all Girl Scouts and troop leaders are admitted free to Grandfather Mountain with proof of membership. Discount admission for other family members. Staff naturalists provide free nature programs throughout the day. Call (828) 733-2013 or visit www.grandfather.com to learn more.



Grandfather Mountain adopted the Girl Scouts in 1971, inviting the girls to visit the mountain each September to learn more about nature and the Blue Ridge mountains. The Scouts returned the gesture by adopting Grandfather's late mascot, Mildred the Bear, as an honorary Girl Scout and presenting her with a series of pins to mark her many years with the organization (1968–1993).



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CAROLINA COUNTRY adventures

Richmond County

Day Trip

Richmond County is on the rebound in 2012, having once again secured NASCAR racing at the Rockingham Speedway, but the area has much more to offer visitors in the way of historical attractions and outdoor adventures.

Early next year, Discovery Place KIDS Museum will open its second location in Rockingham, offering children a place to play, discover and explore their imaginations—all under the banner theme of “I CAN.”

Many people don’t know how much railroad history can be found in Hamlet. The Hamlet Historic Depot & Museum is the most photographed train station in the eastern U.S. The National Railroad Museum and Hall of Fame hosts priceless artifacts from the former Seaboard Air Line Railroad, and the Tornado Building houses the first steam engine locomotive in North Carolina. All are within walking distance of each other.

Looking for an outdoor adventure? Check out the 63,000-acre Sandhills Gamelands. From scenic hikes to bird-watching, this area has it all. Drop a line in Blewett Falls Lake and you might find a record-breaking blue catfish lurking under the surface. A visit to the McKinney Lake State Fish Hatchery, which stocks most of the Piedmont lakes, might include a bald eagle sighting—along with 150,000 catfish fingerlings.

The Town Creek Indian Mound in Mt. Gilead offers visitors a chance to see 400 years of Native American archeological history. Ellerbe-based agritourism farms like the Berry Patch, Triple L Farms and David’s Produce are must-sees and parents are sure to enjoy a wine-tasting experience just down the road at the Little River Winery.

Richmond County is more than just a crossroads to the beach. It’s “Rich in History, Rich in Outdoors and Rich in Heritage.”

—Jeffrey Cheatham



Above: The Hamlet Historic Depot & Museum is the most photographed train station in the eastern U.S.

Right: A new Discovery Place KIDS Museum will open early next year in Rockingham.



Jimmy McDonald Photography, jmacphoto.com

Learn of other nearby adventures and events:

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Consider closing the crawl space

Last month we talked about how a wet crawl space can lead to a musty-smelling home. By eliminating liquid water entry and controlling moisture inside the crawl space, the musty smells should subside. Your next thought should be considering closing the crawl space.

A closed crawl space is somewhat like a basement because it is an enclosed space beneath the home but not conditioned. Often they look like an empty swimming pool – with a drain as well as sheets of thick white plastic covering the floor and extending up the foundation walls and piers. You'll also hear the occasional hum of a dehumidifier or HVAC system that keeps the crawl space air sufficiently dry.

Closed crawl spaces offer numerous benefits:

- Additional moisture control, which means reduced opportunity for mold growth
- Lower relative humidity within the home during summer months
- Less dry-feeling air during winter months
- Fewer opportunities for pests to enter the home
- Potential improvement of the indoor air quality
- And if your HVAC system is in the crawlspace, possible savings of up to 15 percent on your heating and cooling bills

It is an all-too-common experience in the building profession to enter a wall-vented crawl space during a Carolina spring or summer and find beads of moisture in the floor insulation, high wood moisture content, visible mold growing on surfaces, condensation on metal truss plates, plumbing pipes, air conditioning equipment or ducts, and in some cases, rot in the wood framing. Homeowners often complain of high humidity, musty odors, buckled hardwood floors, and mold damage in the home above.

Like replacement windows, the expense of closing a crawl space on an existing home can rarely be justified by energy savings. However your comfort and the long-term durability of your home are strong arguments for the effort.

In a five-year research study that began in 2001, Advanced Energy documented the benefits of closed crawl spaces in 12 central North Carolina homes. A large quantity of data was gathered, and homeowners were interviewed. As we suspected, moisture levels and mold growth were drastically reduced in homes with closed crawl spaces. The study also revealed energy savings if the HVAC system was located in the crawl space. One homeowner was delighted to report that the day after her crawl space was closed she had to adjust the thermostat from its usual position because she was cold in her home on a hot day! This was something that had never happened to her before. Closing her home's crawl space had lowered the relative humidity inside her home, thus making her more comfortable with the air conditioner set to a higher temperature.

Because of this study and a lot of community team work,



A fully closed crawl space with sealed walls and a polyethylene vapor retarder on the ground

the North Carolina Building Code Council adopted new crawl space code language in December 2004 and approved the installation of closed crawl spaces. The popularity of closed crawl spaces has been steadily increasing in existing and new homes since that time.

To be successful, a closed crawl space must consist of parts that work together as a system to control the variety of water sources.

- Exterior water management prevents intrusion of liquid water
- Air-sealed foundation walls minimize the entry of humid outside air
- Vapor retarders such as polyethylene sheeting minimize the evaporation of water from the ground or perimeter walls
- Mechanical drying systems provide ongoing, active removal of water vapor
- Drains or pumps remove water coming from plumbing leaks or floods

These components are not like a cafeteria meal, where you pick and choose what suits your mood or pocketbook. They all must be included for the closed crawl space to offer full benefit and not cause harm. Pest control, combustion equipment, insulation, fire safety, and radon must also be addressed to ensure success.

All of the parts of a closed crawl space are discussed in detail at www.crawlspaces.org. The website also includes research findings, construction tips and closed crawl space contractors.

As a native North Carolinian, I love humidity but I don't want to experience it inside my home. Now you, too, know how to make a change. 🗣️

Hannah McKenzie is a residential building science consultant at Advanced Energy in Raleigh (www.advancedenergy.org) who specializes in working with nonprofit developers like Habitat for Humanity to make new affordable housing energy efficient.

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Miscellaneous

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Pineapple Upside-Down Cupcakes

- ½ cup packed brown sugar
- ¼ cup butter, melted
- 2 cans (8 ounces each) pineapple tidbits in juice, drained
- ½ cup chopped pecans
- 12 maraschino cherries, halved
- 1 cup boiling water
- 1 package (3 ounces) Jell-O lemon-flavored gelatin
- 1 package (2-layer size) yellow cake mix
- 4 eggs
- ⅔ cup oil
- 2 teaspoon lemon zest

Heat oven to 350 degrees F.

Mix sugar and butter in medium bowl; stir in pineapple and nuts. Place cherry half, cut-side up, in center of each of 24 paper-lined muffin cups. Cover with pineapple mixture.

Add boiling water to gelatin mix; stir 2 minutes until completely dissolved. Cool 10 minutes.

Beat remaining ingredients in large bowl with mixer until well blended. Add gelatin; mix well. Spoon over pineapple mixture in muffin cups. (Cups will be almost completely filled.)

Bake 15 to 18 minutes or until toothpick inserted in centers comes out clean. Cool in pans 10 minutes; remove from pans to wire racks. Cool completely. Remove paper liners just before serving; invert onto plates.

Makes 24 servings



Oven-Baked Chicken Parmesan

- 6 small boneless skinless chicken breast halves (1½ pounds)
- 1 package Shake 'N Bake Chicken Coating Mix
- 2 cups spaghetti sauce
- 1½ cups shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- 1 teaspoon dried oregano leaves

Heat oven to 400 degrees F.

Coat chicken with coating mix as directed on package; place in 13-by-9-inch pan.

Bake for 20 minutes or until chicken is done and juices run clear or it reaches 165 degrees F. Top with remaining ingredients; bake 5 minutes or until mozzarella is melted.



Easy Chocolate Éclair Squares

- 2 cups cold milk, divided
- 1 package (4-serving size) vanilla flavor instant pudding and pie filling
- 1 tub (8 ounces) Cool Whip whipped topping, thawed
- 22 Honey Graham Crackers
- 4 squares unsweetened chocolate
- ¼ cup (½ stick) butter or margarine
- 1½ cups powdered sugar

Pour 1¼ cups milk into a large bowl. Add dry pudding mix and beat with wire whisk 2 minutes. Gently stir in whipped topping. Layer one-third of the crackers and half of the whipped topping mixture in a 13-by-9-inch pan, breaking crackers as necessary to fit; repeat layers. Top with remaining crackers.

Microwave chocolate and butter in medium microwaveable bowl on high for 1½ minutes, stirring after 1 minute. Stir until chocolate is completely melted. Add sugar and remaining ¼ cup milk; stir until well blended. Immediately spread over graham.

Refrigerate at least 4 hours or overnight. Store any leftovers in refrigerator.

Yield: 24 servings

From Your Kitchen

Maw's Macaroni Casserole

- 1 package (8 ounces) elbow macaroni
- 1 can cream of mushroom soup, undiluted
- 1 small onion, chopped fine
- 3 cups broccoli, chopped (optional)
- 2 cups cheddar cheese, shredded
- 1 jar (2 ounces) pimento, chopped and drained
- 1 cup mayonnaise
- 3 tablespoons butter, melted
- 1 cup crackers, crushed
- Paprika

Cook macaroni according to package directions. Drain and combine with mushroom soup, onion, broccoli, cheese, pimento and mayonnaise, mixing well. Place combined ingredients in a greased 13-by-9-inch baking dish.

Combine butter and crumbs, mixing well; distribute evenly over mixture in dish and sprinkle lightly with paprika. Bake at 350 degrees for 30 minutes.

This recipe comes from Audrey Greene of Deep Gap, Blue Ridge EMC.

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